



Memorandum

#12-017

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: February 28, 2012

SUBJECT: New Self-Paced Lesson "SP-000-35, Picky Eaters – Making Peace with Food"

The following new self-paced lesson is now available in the *Self-Paced* category on the WIC Lesson Plans website.

SP-000-35 | Picky Eaters – Making Peace with Food

- This self-paced lesson is now available for download from the WIC website at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.
- This self-paced lesson, in the format of an interactive feeding quiz, reviews tips for working with young children who are picky eaters. Participants will learn to recognize picky eating behaviors and why they occur, how to handle picky eating, and ways to get young children to try new foods. Upon completion, qualified WIC staff should review the lesson with the participant and address the participant's concerns.

If you would like to add new lessons to your current *Nutrition Education Class Schedule*, please make the change(s) to your online *Nutrition Education Plan* or contact your State Nutrition Education Liaison for additional information.

If you have any questions or require additional information, please contact Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, at (512) 341-4517 or Debbie.Lehman@dshs.state.tx.us.